

Hour	Anger Management Class (8 hours) by Dennis Fitzpatrick	DATE
1	<u>IMPULSIVE THINKING-SECOND THOUGHT:</u> Review, 7 Basic Living Skills, Joke, Relationship Between Impulsive Thinking and Violence, Victim Thinking Behavior, the Four Behaviors, PFC & Lizard Brain, "Lizard Brain" Video (10 minutes), More on the Four Behaviors, Two Responses When Provoked, The Experiments, 10 Drills on the Second Thought, "Beautiful Mind" Video (13 minutes), Meditation, 5 Discussion Questions.	
2	<u>HANDLING CONFLICT:</u> Review, 5 Drills on Second Thought, Joke, Relationship Between Arguing and Violence, 7 Peaceful Answers to Conflict, Power of Surrender, Bounce It, Non-Defensive Answer, Timeout Signal Video (8 minutes), 10 Steps to Successful Timeouts, Fair Fight Negotiation 1 and 2, Setting Boundaries, 10 Conflict Drill Questions, "Consent" (3 minute video), 3 Stages of Relationships, The Three Floors, Meditation, 5 Discussion Questions.	
3	<u>FAIR FIGHT NEGOTIATION:</u> Reviews, 7 Peaceful Answers to Conflict, Timeouts, Timeout Song (3 minute video), Review Fair Fight Negotiation, Review 10 Conflict Drill Questions, Relationship Between Stuffing Issues and Violence, Joke, Three Fair Fight Negotiation Practice Issues, Counselor Example of a One Sided Fair Fight Negotiation, Difference Between Anger that Sets Boundaries and Raging, "Stolen Childhood" (14 minute video), Meditation, 5 Discussion Questions.	
4	<u>ADDICTION & VIOLENCE:</u> Reviews, Drugs and the Brain (7 minute video), Relationship Between Alcohol and Violence, Alcohol Drug Use Quiz, Breakdown of 10% Alcoholics, Social Drinking Quiz, Joke, More on Alcoholism, Definitions of Substance Abuse, Three Stages of All Addictions, Alcohol Drug-Adult-Teen Quiz, Cycle of Recovery, Quality Pictures, Celebrity Video (14 minutes), Meditation, 5 Discussion Questions.	
5	<u>CONTROLLERS & ENABLERS:</u> Reviews, Relationship Between Controlling Behavior and Violence, Cycle of Codependent Recovery, Universal 12 Steps, Joke, "Saying No" (4:08 video), Codependency Self-Evaluation Quiz, "Codependent Celebrity" (22 minute video), Codependent Love Song, 4 Sick Statements, Healthy Song, Meditation, 5 Discussion Questions.	6
6	<u>SELF EVALUATION & FORGIVENESS:</u> Reviews, <i>Part1:</i> Relationship Between Work Disputes and Violence, How to Counsel Yourself and Others, Boss Management and Lead Management, "SAS Business" (13 minute video), Joke, How Can I Tell If I Am Mentally Healthy?, Self-Evaluation Questions, <i>Part2:</i> Relationship Between Resentment and Violence, 10 Reasons to Forgive, Forgiveness-3 Steps, Forgiveness Self-Evaluation Quiz, Amends, Story Corp on Forgiveness, Forgiveness FAQs, Violence vs. Peace, "The Amish" (3 minute video), Meditation, 5 Discussion Questions.	
7	<u>STRESS & TOLERANCE:</u> Review, <i>Part1:</i> Relationship Between Stress and Violence, "Telomeres" (10 minute video), Stress Solutions, Hand on PFC Photos, Stress Self-Evaluation Quiz, Joke, "Meditation in Fairfield, Iowa" (10 minute video), 5 Discussion Questions, <i>Part2:</i> Relationship Between Not Understanding Others and Violence, Identifying Brain Types, the 16 Brain Types, Brain Type Self-Evaluation Quiz, Female and Male Brain, Meditation, 5 Discussion Questions.	
8	<u>CONFLICT PRACTICE SKILLS:</u> Reviews, How to Ask Your Boss For A Raise, Relationship Between Intimidation and Violence, Review of the 7 Peaceful Answers to Conflict, 10 New Conflict Drill Questions, Joke, Top Priorities in Marriage, Love, "No Justified Resentments" (15 minute video), Violence Self-Evaluation Quiz, "Can Money Buy Happiness" (3 minute video), Meditation, 5 Discussion Questions.	